

What is claimed is:

1           Claim 1. A method for supplementing the dietary  
2 needs in an adult female comprising orally administering  
3 to a pre-perimenopausal, perimenopausal and menopausal or  
4 post-menopausal woman an effective amount of a life stage  
5 appropriate dietary supplement for each life stage  
6 throughout her life.

1           Claim 2. The method of claim 1 wherein the dietary  
2 supplement is selected from the group consisting of a  
3 Stage I dietary supplement for supplementing the dietary  
4 needs of pre-perimenopausal women and preventing or  
5 reducing risk of fetal neural tube defects, iron  
6 deficiency anemia, PMS, osteoporosis, at least one form  
7 of cancer, cervical dysplasia and coronary heart disease  
8 comprising effective amounts of calcium, magnesium,  
9 copper, boron, manganese, zinc, vitamin D, iron, folic  
10 acid, vitamin B<sub>12</sub>, vitamin B<sub>6</sub>, chromium, vitamin E,  
11 vitamin C and phytoestrogen in admixture with a  
12 biologically acceptable carrier; a Stage II dietary  
13 supplement for supplementing the dietary needs of  
14 perimenopausal and menopausal women and preventing or  
15 reducing the risk of PMS, symptoms of menopause, fetal  
16 neural tube defects, iron deficiency anemia,  
17 osteoporosis, at least one form of cancer, cervical  
18 dysplasia, and coronary heart disease comprising  
19 effective amounts of calcium, magnesium, copper, boron,  
20 manganese, zinc, vitamin D, iron, folic acid, vitamin B<sub>12</sub>,  
21 vitamin B<sub>6</sub>, chromium, vitamin E, vitamin C and  
22 phytoestrogen in admixture with a biologically acceptable  
23 carrier; and a Stage III dietary supplement for  
24 supplementing the dietary needs of post-menopausal women  
25 and preventing or reducing the risk of coronary heart

26 disease, at least one form of cancer, cervical dysplasia  
27 and osteoporosis comprising effective amounts of calcium,  
28 magnesium, copper, boron, manganese, zinc, vitamin D,  
29 iron, folic acid, vitamin B<sub>12</sub>, vitamin B<sub>6</sub>, chromium,  
30 vitamin E, vitamin C and phytoestrogen in admixture with  
31 a biologically acceptable carrier.

1 Claim 3. The method of claim 2 wherein

2 (A) the Stage 1 dietary supplement comprises about  
3 200 to about 500 mg calcium, about 100 to about 200 mg  
4 magnesium, about 0.5 to about 1.5 mg boron, about 0.5 to  
5 about 1.5 mg copper, about 2 to about 2.6 mg manganese,  
6 about 10 to about 13 mg zinc, about 200 to about 300 IU  
7 vitamin D, about 12 to about 18 mg iron, about 400 to  
8 about 440 µg folic acid, about 2 to about 10 µg vitamin  
9 B<sub>12</sub>, about 50 to about 100 mg vitamin B<sub>6</sub>, about 50 to  
10 about 100 µg chromium, about 100 to about 200 IU vitamin  
11 E, about 100 to about 1000 mg vitamin C and about 8 to  
12 less than 50 mg phytoestrogen;

13

14 (B) the Stage II dietary supplement comprises from  
15 about 200 to about 1000 mg calcium; from about 100 to  
16 about 200 mg magnesium; from about 1.5 to about 2.5 mg  
17 boron; from about 1.5 to about 2.5 mg copper; from about  
18 2.4 to about 3.6 mg manganese; from about 12 to about 15  
19 mg zinc; from about 300 to about 400 IU vitamin D; from  
20 about 10 to about 15 mg iron; from about 400 to about 440  
21 µg folic acid; from about 2 to about 15 µg vitamin B<sub>12</sub>;  
22 from about 50 to about 100 mg vitamin B<sub>6</sub>; from about 75 to  
23 about 200 µg chromium; from about 200 to about 400 IU  
24 vitamin E; from about 200 to about 1000 mg vitamin C; and  
25 from about 10 to less than 50 mg phytoestrogen; and

26

27 (C) the Stage III dietary supplement comprises

28 about 200 to about 1500 mg calcium, about 150 to about  
29 250 mg magnesium, about 2.5 to about 3.5 mg boron, about  
30 2.5 to about 3.5 mg copper, about 4.4 to about 5.6 mg  
31 manganese, about 15 to about 18 mg zinc, about 300 to  
32 about 800 IU vitamin D, about 5 to about 10 mg iron,  
33 about 400 to about 440  $\mu$ g folic acid, about 2 to about 18  
34  $\mu$ g vitamin B<sub>12</sub>, about 1.6 to about 10 mg vitamin B<sub>6</sub>,  
35 about 100 to about 200  $\mu$ g chromium, about 350 to about  
36 800 IU vitamin E, about 300 to about 1000 mg vitamin C  
37 and about 10 to less than 50 mg phytoestrogen.

1 Claim 4. The method of claim 3 wherein an  
2 appropriate life stage dietary supplement is administered  
3 during at least two life stages of the woman.

1 Claim 5. The method of claim 3 wherein each of the  
2 life stage appropriate dietary supplements is  
3 administered throughout the appropriate life stage of the  
4 woman.

1 Claim 6. The method of claim 3 wherein the life  
2 stage appropriate dietary supplement is administered in  
3 the form of a tablet, powder, liquid, capsule or gel  
4 form, or dietary bar.

1 Claim 7. The method according to claim 6 wherein  
2 the dietary supplement is formulated for once daily  
3 administration.

1 Claim 8. The method of claim 3 wherein the Stage I  
2 dietary supplement is administered to the woman  
3 throughout the pre-perimenopausal life stage of the  
4 woman.

1           Claim 9. The method of claim 3 wherein the Stage II  
2 dietary supplement is administered to the woman  
3 throughout the perimenopausal and menopausal life stage  
4 of the woman.

1           Claim 10. The method of claim 3 wherein the Stage  
2 III dietary supplement is administered to the woman  
3 throughout the post-menopausal life stage of the woman.

1           Claim 11. The method of claim 3 wherein

2           (A) the Stage 1 dietary supplement comprises about  
3 200 to about 300 mg calcium, about 100 to about 150 mg  
4 magnesium, about 0.7 to about 1.3 mg boron, about 0.7 to  
5 about 1.3 mg copper, about 2 to about 2.4 mg manganese,  
6 about 10 to about 12 mg zinc, about 200 to about 250 IU  
7 vitamin D, about 16 to about 18 mg iron, about 400 to  
8 about 420  $\mu$ g folic acid, about 2 to about 4  $\mu$ g vitamin  
9 B<sub>12</sub>, about 50 to about 65 mg vitamin B<sub>6</sub>, about 50 to about  
10 75  $\mu$ g chromium, about 100 to about 150 IU vitamin E,  
11 about 100 to about 150 mg vitamin C and about 8 to about  
12 12 mg phytoestrogen;

13

14           (B) the Stage II dietary supplement comprises from  
15 about 300 to about 400 mg calcium; from about 100 to  
16 about 150 mg magnesium; from about 1.7 to about 2.3 mg  
17 boron; from about 1.7 to about 2.3 mg copper; from about  
18 2.6 to about 3.4 mg manganese; from about 12 to about 14  
19 mg zinc; from about 300 to about 350 IU vitamin D; from  
20 about 13 to about 15 mg iron; from about 400 to about 420  
21  $\mu$ g folic acid; from about 2 to about 6  $\mu$ g vitamin B<sub>12</sub>;  
22 from about 50 to about 65 mg vitamin B<sub>6</sub>; from about 75 to  
23 about 100  $\mu$ g chromium; from about 200 to about 300 IU  
24 vitamin E; from about 200 to about 300 mg vitamin C; and

25 from about 12 to about 17 mg phytoestrogen; and

26

27 (C) the Stage III dietary supplement comprises  
28 about 300 to about 500 mg calcium, about 150 to about 200  
29 mg magnesium, about 2.7 to about 3.3 mg boron, about 2.7  
30 to about 3.3 mg copper, about 4.6 to about 5.4 mg  
31 manganese, about 15 to about 17 mg zinc, about 350 to  
32 about 400 IU vitamin D, about 8 to about 10 mg iron,  
33 about 400 to about 420  $\mu$ g folic acid, about 2 to about 8  
34  $\mu$ g vitamin B<sub>12</sub>, about 1.6 to about 3.2 mg vitamin B<sub>6</sub>,  
35 about 100 to about 150  $\mu$ g chromium, about 350 to about  
36 450 IU vitamin E, about 350 to about 450 mg vitamin C and  
37 about 12 to about 17 mg phytoestrogen.

1 Claim 12. The method of claim 11 wherein each of  
2 the Stage I, Stage II and Stage III dietary supplements  
3 is formulated for once daily administration.

1 Claim 13. The method of claim 3 wherein

2 (1) the Stage I dietary supplement comprises about  
3 200 mg calcium, about 100 mg magnesium, about 1 mg boron,  
4 about 1 mg copper, about 2 mg manganese, about 10 mg  
5 zinc, about 200 IU vitamin D, about 18 mg iron, about 400  
6  $\mu$ g folic acid, about 2  $\mu$ g vitamin B<sub>12</sub>, about 50 mg vitamin  
7 B<sub>6</sub>, about 50  $\mu$ g chromium, about 100 IU vitamin E, about  
8 100 mg vitamin C and about 10 mg phytoestrogen;

9 (2) the Stage II dietary supplement comprises about  
10 300 mg calcium, about 150 mg magnesium, about 2 mg boron,  
11 about 2 mg copper, about 3 mg manganese, about 12 mg  
12 zinc, about 300 IU vitamin D, about 15 mg iron, about 400  
13  $\mu$ g folic acid, about 2  $\mu$ g vitamin B<sub>12</sub>, about 50 mg vitamin  
14 B<sub>6</sub>, about 75  $\mu$ g chromium, about 200 IU vitamin E, about  
15 200 mg vitamin C, and about 15 mg phytoestrogen; and

16 (3) the Stage III dietary supplement comprises

17 about 400 mg calcium, about 200 mg magnesium, about 3 mg  
18 boron, about 3 mg copper, about 5 mg manganese, about 15  
19 mg zinc, about 400 IU vitamin D, about 10 mg iron, about  
20 400  $\mu$ g folic acid, about 2  $\mu$ g vitamin B<sub>12</sub>, about 1.6 mg  
21 vitamin B<sub>6</sub>, about 100  $\mu$ g chromium, about 400 IU vitamin E,  
22 about 400 mg vitamin C, and about 15 mg phytoestrogen.

1 Claim 14. The method of claim 13 wherein each of  
2 the Stage I, Stage II and Stage III dietary supplements  
3 is formulated for once daily administration.

1 Claim 15. A method for preventing or reducing risk  
2 of at least one form of cancer, cervical dysplasia,  
3 osteoporosis and coronary heart disease comprising orally  
4 administering to a pre-perimenopausal, perimenopausal and  
5 menopausal, and/or post-menopausal woman an effective  
6 amount of a life stage appropriate dietary supplement for  
7 each life stage throughout her life.

1 Claim 16. The method of claim 14 wherein  
2 administration of the life stage appropriate dietary  
3 supplement is continued throughout at least two life  
4 stages.

1 Claim 17. A method for preventing or reducing risk  
2 of iron deficiency anemia, PMS and fetal neural tube  
3 defects comprising administering to a pre-perimenopausal  
4 woman an effective amount of a life stage appropriate  
5 dietary supplement.

1 Claim 18. A method for preventing or reducing risk  
2 of PMS, symptoms of menopause, coronary heart disease,  
3 some cancers, cervical dysplasia and osteoporosis  
4 comprising administering to a perimenopausal or

5 menopausal woman an effective amount of a life stage  
6 appropriate dietary supplement.

1 Claim 19. A method for preventing or reducing risk  
2 of coronary heart disease, at least one form of cancer  
3 and osteoporosis comprising administering to a post-  
4 menopausal woman an effective amount of a life stage  
5 appropriate dietary supplement.

1 Claim 20. A series of nutritional supplements  
2 formulated for the lifestage associated nutritional needs  
3 of a woman comprising at least two of  
4 (A) a composition for pre-perimenopausal woman  
5 comprising about 200 to about 500 mg calcium, about 100  
6 to about 200 mg magnesium, about 0.5 to about 1.5 mg  
7 boron, about 0.5 to about 1.5 mg copper, about 2 to about  
8 2.6 mg manganese, about 10 to about 13 mg zinc, about 200  
9 to about 300 IU vitamin D, about 12 to about 18 mg iron,  
10 about 400 to about 440  $\mu$ g folic acid, about 2 to about 10  
11  $\mu$ g vitamin B<sub>12</sub>, about 50 to about 100 mg vitamin B<sub>6</sub>, about  
12 50 to about 100  $\mu$ g chromium, about 100 to about 200 IU  
13 vitamin E, about 100 to about 1000 mg vitamin C and about  
14 8 to less than 50 mg phytoestrogen in admixture with a  
15 biologically acceptable carrier;

16  
17 (B) a composition for perimenopausal and menopausal  
18 women comprising from about 200 to about 1000 mg calcium;  
19 from about 100 to about 200 mg magnesium; from about 1.5  
20 to about 2.5 mg boron; from about 1.5 to about 2.5 mg  
21 copper; from about 2.4 to about 3.6 mg manganese; from  
22 about 12 to about 15 mg zinc; from about 300 to about 400  
23 IU vitamin D; from about 10 to about 15 mg iron; from  
24 about 400 to about 440  $\mu$ g folic acid; from about 2 to  
25 about 15  $\mu$ g vitamin B<sub>12</sub>; from about 50 to about 100 mg

26 vitamin B<sub>6</sub>; from about 75 to about 200 µg chromium; from  
27 about 200 to about 400 IU vitamin E; from about 200 to  
28 about 1000 mg vitamin C; and from about 10 to less than  
29 50 mg phytoestrogen in admixture with a biologically  
30 acceptable carrier; and  
31

32 (C) a composition for post-menopausal women  
33 comprising about 200 to about 1500 mg calcium, about 150  
34 to about 250 mg magnesium, about 2.5 to about 3.5 mg  
35 boron, about 2.5 to about 3.5 mg copper, about 4.4 to  
36 about 5.6 mg manganese, about 15 to about 18 mg zinc,  
37 about 300 to about 800 IU vitamin D, about 5 to about 10  
38 mg iron, about 400 to about 440 µg folic acid, about 2 to  
39 about 18 µg vitamin B<sub>12</sub>, about 1.6 to about 10 mg vitamin  
40 B<sub>6</sub>, about 100 to about 200 µg chromium, about 350 to about  
41 800 IU vitamin E, about 300 to about 1000 mg vitamin C  
42 and about 10 to less than 50 mg phytoestrogen in  
43 admixture with a biologically acceptable carrier;  
44 whereby the changing nutritional needs of a woman during  
45 preperimenopause, perimenopause and menopause, and post-  
46 menopause are supplemented.